

Principles of the ESSEINTRICS[®] Program

Level 1 Comprehensive Certification Study Guide

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ESSEINTRICS[®] **ACADEMY**

YOUR INTRODUCTION TO ESSEINTRICS

Welcome to the Essentrics Teacher Training program! This time-management Study Guide is designed to help you complete our Level 1 Comprehensive Certification Track within 6 months.

Essentrics is an intelligent technique that requires a certain time investment to learn. The time it takes to become a certified Essentrics instructor is up to you; however, we have found that instructors who follow our recommendations throughout their training and who stick to a specific timeframe tend to accomplish their goal with more ease.

This timeline and guide will help you to get the most out of your Level 1 training experience and learn your first Pre-Choreographed Essentrics Workout with ease. It will prepare you for your Level 1 assessment in a manageable way while providing you with applicable tools and tips to become a successful, confident instructor through our distance-learning program. We're thrilled you've joined us on this journey!

The Essentrics 4-level certification curriculum is organized into four subtopics that methodically build upon themselves throughout the training:

- Level 1: Principles of Essentrics

Lays the foundation for all 4 levels. You will gain a comprehensive introduction to the philosophy, principles, objectives, techniques, anatomy and physiology of the Essentrics program and learn to teach your first one-hour Essentrics routine. The Level 1 Manual will continue to serve you throughout your entire certification.

- Level 2: Essentrics Trademark Exercises

Teaches you all about our unique standing full-body Essentrics Trademark sequences by breaking down the positions, transitions and exercises that compose them. You will learn their scientific rebalancing formula in order to bring incredible results to your students and teach them with efficiency.

- Level 3: Essentrics Flexibility & Therapeutic Exercises

Teaches you how to correctly teach and perform all Essentrics standing, floor and barre/chair stretches while focusing on pain relieving and flexibility techniques. You will learn more about relaxation, muscle imbalances and chronic conditions and how to work with an Aging Backwards® demographic so you can teach that class genre with success.

- Level 4: Essentrics Strengthening Exercises

Teaches you all Essentrics standing, floor and barre/chair strengthening exercises and techniques for you to understand how we develop strength without compromising mobility while exploring topics such as weight loss, aging, sports performance and atrophy.

YOUR LEVEL 1 TRAINING MATERIAL

- **Level 1 Manual: Principles of Essentrics**
The Level 1 Manual will introduce you to the Essentrics program in a way that facilitates and inspires learning. This Manual will become your reference book throughout all 4 Levels and will continue to serve you throughout your entire certification. Keep it handy in your Essentrics library! As you advance with each Level, you will return to your Level 1 Manual with a new capacity to grasp the theory, techniques, anatomy, physiology, and concepts that are presented.
- **Pre-Choreographed Workout 1 training material: Handbook + DVD**
We believe the fastest way to understand the theory behind our technique is to put it into practice by teaching it, which is why we have you learn your first Essentrics routine in Level 1. There is a scientific pattern behind the sequencing and layout of an Essentrics workout – one that is vital towards achieving rapid and safe results in every class. This is why we have created “Pre-Choreographed Workouts” or PCW’s for our instructors to follow and teach throughout their certification as they work towards completing the 4 Levels. Tried and tested, these routines are safe and rebalancing, which are the driving pillars of Essentrics. In Level 1, you learn to teach Pre-Choreographed Workout 1 (PCW1).
On your Level 1 DVD you will find:
 - Pre-Choreographed Workout 1: The one-hour Essentrics routine that you will teach 30x as your “Apprentice classes” to your students.
 - Educational videos and “grade savers” to help you succeed (these are found on the L1 Training Resource webpage as well)
 - Exercise breakdowns with Miranda detailing anatomy and purpose for certain sequences
 - Downloadable 1-hr PCW1 class playlist: These are the suggested songs we have recommended for each sequence that are featured in the filmed PCW
- The PCW1 Handbook includes detailed exercise breakdowns for each sequence in PCW1. You will find the suggested songs, helpful images, and the list of the techniques, objectives, imagery, target anatomy, modifications, tips and common mistakes for each sequence that makes up the 1-hr routine.
- **Level 1 Comprehensive Training Resource webpage:**
This is your go-to online source for everything you need for Level 1. All our support tools, exam documents, videos resources, procedures, marketing, and material you are responsible for printing can be found on this webpage. Make sure to bookmark it [here!](https://essentrics.com/level1trainingresources/)
<https://essentrics.com/level1trainingresources/>
- **Teacher Training emails:**
Keep your eye out for our Teacher Training emails, they are an integral part of your training resource tools and are packed with all sorts of pertinent information, helpful tips and links, upcoming events and Head Office certification developments that are important to stay up-to-date with. *We understand you might not always have the time to read them as they come in, but consider throwing them into a folder for a rainy day or printing them out for easy reference!*

The Teaching Training Team & community is here for you. **Your support tools:**

- Essentrics Instructors Facebook page: We cannot overstate how helpful this page is for Essentrics instructors. You should have received the invitation to our private Facebook instructor page in your L1 welcome email. Once you visit the page you will be asked to “request to join.” After you request, you may send us an email training@essentrics.com for a prompt response into the group! We make sure that all the members on this page are signed up into our certification program. Here it is for easy access: <https://www.facebook.com/groups/essentricsinstructors/>

This page brings together our supportive, beautiful worldwide community and provides a platform for instructors to share incredible experiences, questions, videos, resources and more. It’s a great way to feel connected and stay in the loop with the Head Office Teacher Training team. It’s also a great source for Teacher Training developments and any Essentrics trends. Many instructors take the initiative to form little study groups (in person or even through online platforms!). If that idea interests you, Facebook is the best place to get it going! *We highly suggest you consider joining Facebook solely for this reason if you do not already have an existing account!*

- Live Teacher Trainings and Head Office workshops & retreats: These events are the best way to gain momentum and really grasp the power, purpose and potential of the technique and the possibilities of where you can take it (*and where it can take you!*). They are by far the best way to learn if you can ever make it happen and really help instructors stay on track with a timeframe.
- Live classes & meet-ups with other instructors: Check out [our map](#) for a local class or take a fun road trip! <https://essentrics.com/find-a-class/>
- Essentrics & Classical Stretch videos: Choose the platform and method that’s best for you. Look up Classical Stretch on your local PBS station, check out our DVDs, sign up online for [Essentrics TV streaming or download our app](#) where you’ll find all our Classical Stretch & Essentrics videos and even lots of exclusive content. Our workout videos are incredible for learning the flow and pacing of the technique and for picking up verbal cues and positional set-up’s to help you motivate your students and teach with efficiency. As you learn to teach Pre-Choreographed Workout 1, it’s so important for you to keep doing other Essentrics workouts by taking classes or doing videos. PCW1 is a rebalancing workout, but Apprentice students have a tendency overdo certain movements as they practice the routine. Make sure to throw on a gentle video just for you on a regular basis to balance out all the work you’re putting into becoming an instructor. Remember to listen to your body and take it day-by-day!
- Phone calls & Skype: Pick up the phone or sign into a video chat with our community of mentors and fellow instructors around the globe!
- Legal & Marketing Guidelines: This is your go-to source for everything you need to know about the technicalities of the teacher training program. There is a lot of information, and most of it does not necessarily apply to you at this point in your certification, but it is useful to inform yourself as you go. You'll want to reference it as you advance in your training. Save it for easy access: [Essentrics Legal & Marketing Guidelines](#)

LEVEL 1 EVALUATION BREAKDOWN & GRADING SCHEME

There are four components to your Level 1 Essentrics certification.

A minimum total grade of 80% is required to obtain the Essentrics Level 1 Certificate of Completion and become a Certified Level 1 Essentrics® Instructor.

Please refer to and print out the Written Evaluation Package and the Practical Evaluation Package from the Level 1 Training Resource Page for the documents, information and support.

1. WRITTEN EVALUATION15%

Submission of the completed short-answer written exam detailing objectives, techniques, and muscle groups related to exercise sequences from PCW1.

Located in the Written Evaluation Package.

2. MULTIPLE CHOICE EVALUATION15%

Submission of the completed multiple-choice questionnaire based on the theory from the Level 1 Manual (80 questions).

Located in the Written Evaluation Package.

3. APPRENTICE TEACHING HOURScomplete

Submission of the completed 30 Apprentice Teaching hours form with accurate reflection of Live Teacher Training attendance when applicable. *Each Live Training workshop day deducts 2 hours from your Apprentice teaching requirements for each corresponding Level.*

Signature sheet and information located in the Practical Evaluation Package.

4. PRACTICAL PCW1 EVALUATION70%

A recorded submission or live demonstration* of Pre-Choreographed Workout 1 taught non-stop in its entirety.**Upon location and availability of exam grader.*

Requirements & guideline located in the Practical Evaluation Package.

WELCOME

The fastest way to understand the theory behind our technique is to put it into practice. The first priority of Level 1 is for you to learn to teach your first one-hour Essentrics Pre-Choreographed Workout (PCW), experience the results in your own body, and begin to understand the flow and formula of the Essentrics method. Upon completion of Level 1 you will have the qualification and skills to teach general entry level Essentrics group classes and will gain access to our library of Pre-Choreographed Workouts (which you must teach until you have completed Level 4).

No matter your fitness level or experience, we are here to ensure that you succeed and accomplish your goals. We know that this will, at times, seem like a big feat to have taken on – but you are never alone in the process. The information, principles and techniques that you will be learning are quite complex. Like any complex subject matter, your understanding will deepen over time. It typically takes several years to fully understand our principles and techniques, and to maximize their use and application in your classes. At this point you are only required to grasp the basics. By the time you complete Level 4, this knowledge will be embedded in you. Start getting excited!

We recommend putting time aside on a consistent daily and/or weekly basis. Find an Essentrics schedule that works for you and stick to it. Make sure to only move on with the material once you feel confident that you understand the topics at hand. You may find yourself moving faster or slower than our recommendation, but we know that you will find a good flow once you get going.

Let's get started!

STUDY GUIDE **TIMELINE BREAKDOWN**

Month 1 Summary:

- Manual Theory: Introduction, Chapter 1-2 p. 1-69
- Topics: History & evolution of Essentrics, foundation of Essentrics, defining Essentrics, how to stretch, best resting, techniques of the Essentrics workout. Learn how and why Essentrics delivers the results it does.
- PCW1 Practical: Learn first 5 exercise sequences
Song 1-5: Warm-up, Shoulder Blast, Side-to-Side Lunges, Pliés, Arms
- Additional: Listen to Miranda's 3 music workshops located on your L1 Training Resource Page. They expand on the significant difference between songs used for stretching vs. strengthening vs. Trademark sequences. You will start to understand and appreciate the value of your playlist and music as a powerful neuromuscular technique.

Month 2 Summary:

- Manual Theory: Chapter 3 p. 71-90
+ Review previous month's readings
- Topics: The objectives of an Essentrics workout – from health and wellness to body shaping and sports performance benefits.
- PCW1 Practical: Learn the next 5 exercise sequences
Song 6-12: Kicks, Windmills, Big Four Stretch, Side Leg Lifts, Sit-ups

Month 3 Summary:

- Manual Theory: Chapter 4 p. 91-118
+ Review previous month's readings
- Topics: Anatomy and physiology, the skeletal and muscular systems, connective tissue, sliding filament theory
- PCW1 Practical: Learn all floor stretches Song 13-16: Supine + seated stretch segments
+ Practice 1-hour PCW1 routine start to finish
+ Apprentice teaching starts 2x / week

Month 4 Summary:

- Manual Theory: Chapter 5 p. 119-168
+ Review previous month's readings
- Topics: Muscles & their movements, movement terminology, Top Three muscle charts and images, Big Four muscle charts and images
- PCW1 Practical: Teach 2 Apprentice classes / week
+ Review PCW1 videos: The 1-hour routine as it should be taught + the L1 Training Resource videos
- L1 Evaluation: Answer 2 questions of the short answer portion + start reading through & completing multiple choice exam (*in pencil!*)

Month 5 Summary:

- Manual Theory: Glossary p. 171-177
+ Review chapters & cross-check multiple choice answers with manual
- Topics: Definitions of common terms, concepts, techniques, conditions, etc.
- PCW1 Practical: Teach 2 Apprentice classes / week
+ Review PCW1 videos: The 1-hour routine as it should be taught + the L1 Training Resource videos
- L1 Evaluation: Answer 2 questions of the short answer portion + finish multiple choice exam

Month 6 Summary:

- Manual Theory: Flip through manual, general review
- PCW1: Teach final Apprentice classes
+ Review PCW1 videos: The 1-hour routine as it should be taught + the L1 Training Resource videos
- L1 Evaluation: Complete the remaining exam portions + film 1-hour PCW1 + submit your exam to Head Office.

GETTING STARTED

MONTH 1:

Manual Theory: Introduction, Chapter 1-2 p. 1-69
The Foundation & Techniques of Essentrics

You will read (and re-read!) the first two chapters in your Instructor's Manual, begin memorizing your first Essentrics Pre-Choreographed Workout and start familiarizing yourself with the overall flow of a class.

ESSETRICS is a:
Dynamic full-body rebalancing program that works all 650 muscles by simultaneously lengthening and strengthening them.

The Essentrics mantra has 5 main points:

- Dynamic
- Full-body
- Rebalance
- Stretch
- Strengthen

If any point is missing, it is not a true Essentrics class.

In this month's readings, you will be introduced to the company, history and evolution of Essentrics, learn what Essentrics is and how it differs from other fitness approaches, as well as concepts that will help you understand subject matters such as flexibility and muscle chains.

Chapter 2 dives right into techniques; they are the foundation of the Essentrics program. It is the strategic application of our techniques that allows us to deliver the results we do. As you progress through the 4 levels of certification you will expand and fine-tune your application of these techniques to truly achieve the variety of healing, wellness, body shaping, and performance objectives that are possible.

You will learn the three categories of techniques used in Essentrics:

1. Positional Techniques

Guide the safety of your class. These are the non-negotiables.

2. Joint Movement Techniques

Essentrics is a fluid, non-stop workout. These movement techniques are used within our stretches to increase the full mobility of every joint and maintain joint function.

3. Neuromuscular Techniques

How to work with the nervous system to safely increase strength and flexibility. Brilliant!

TECHNIQUES

Techniques are applied within our Essentrics exercises in order to achieve certain goals.
They allow us to accomplish our desired objectives.

POSITIONAL TECHNIQUES Techniques that position our body to target the correct muscle groups and ensure that load path is equally distributed throughout the body	JOINT MOVEMENT TECHNIQUES Techniques used to move our muscles within or surrounding a joint	NEUROMUSCULAR TECHNIQUES Techniques used to trigger a response in our nerves and muscles
Neutral C	Movement Within a Stretch	End of the Stretch (myotatic reflex)
Neutral Elongation	Rotation Within the Joint	PNF (Gogli tendon reflex)
Alignment	Rotation of the Joint	Resistance
Turnout	Movement of the Joint	Relaxation
Isolation	Overextension	Isotonic Contractions: Concentric & Eccentric
Short Lever / Long Lever	Pulling Up	Isometric Contraction
	Pulling Out	Music
	One-Directional Stretch	Imagery
	Multi-Directional Stretch (Two-Directional or more)	Deep Breathing
	Lever Stretch	Agonist / Antagonist
		Ballistic Movement

Becoming an Essentrics instructor:

Start becoming familiar with the following FIVE POINTERS for each exercise sequence in PCW1. These pointers will guide your movements, your in-class instruction, corrections and verbal cues. The PCW1 Handbook and training resource videos expand on these points for you to slowly but surely learn and memorize them for each sequence in PCW1.

FIVE POINTERS FOR EVERY EXERCISE SEQUENCE:

1. The objectives
 2. The target anatomy
 3. The techniques
 4. Modifications
 5. Most common mistakes
-
1. Objectives: These are the benefits of the given exercise sequence. People gain motivation when they understand why they're doing specific exercises. Level 1 introduces you to the primary benefits and objectives of each exercise sequence in PCW1. Use them to encourage your students by telling them the benefits they will achieve by doing the exercise; whether it's to burn calories, increase their energy, reduce tension and pain, slenderize, etc. For example: "This exercise will really slenderize your waist!" Or "This exercise is great to relieve shoulder and neck tension." Refer to your PCW1 Handbook to help guide your verbal cues for each exercise sequence. Picking up verbal cues about objectives from your favourite Classical Stretch and Essentrics videos is a great idea too.
 2. Anatomy: Essentrics instructors come from all kinds of backgrounds and expertise. Do not worry if you are a total novice when it comes to the anatomy and physiology of the body. Remember, Level 1 is about setting the foundation for all future learning. The muscle charts and details in Chapter 5 of your manual go far beyond what you are required to know and incorporate at this point in your training. No matter *your* level of knowledge, you want your verbal cues to speak to all of *your students*. You want them to be able to relate to the movements and objectives, no matter their background and level of anatomy knowledge. Don't assume that people know where any muscle group is!

To teach in a universal way, and build your own awareness and knowledge of anatomy, we prescribe the following approach for teaching each exercise sequence:

Label muscle

Location of muscle

Gesture to muscle

Let's take Pliés as an example:

Label muscle: Name the the main muscles you're targeting

"This exercise is for your quads."

Location of muscle: Tell people where they want to feel it

"..the front of your thighs."

Gesture to muscle: Touch or motion to that part of the body

"I want you to feel it here." + gesture to quads

This approach helps connect mind and body. It will help your students exercise with more deliberate purpose and gain body awareness. Two very important factors! Do not assume that anyone knows where any muscle is.

3. Techniques: Level 1 introduces you to the techniques applied within our exercises and will help you start to connect them to our objectives. It will not be until Level 3 & 4 (and beyond!) that you will truly understand the intricacies of these techniques and maximize their application to the fullest.

Don't get discouraged if you find this challenging (it is!) – we have plenty of certified instructors who have mastered this program and started exactly where you are today. You will get there too! Over time, your application of techniques will become second nature to you. You will discover how their use can make a class feel completely different even if the choreography remains the same. This is an exciting skill that comes with knowledge and practice.

4. Modifications: Level 1 will teach you a handful of easy to apply modifications for a general fitness class. What you must never modify is the choreography of PCW1. If you attempt to remove or add exercises you will imbalance the workout, no matter how inconsequential the change may seem to you. Throughout the certification training you will learn that everything has a purpose. The modifications you may apply to PCW1 are expanded on in the PCW1 material and videos. For example: releasing and shaking out more frequently as you or your students build strength to finish a whole sequence, taking a little longer with the set-up of an exercise, slowing down the first rep or two, etc.
5. Common mistakes: The common mistakes people make during each exercise sequence are expanded on in your PCW1 DVD and Handbook, online training resource videos and L1 Manual. Pay close attention to them. Being aware of common mistakes will help you know what to look for with your students and how to offer corrections when you see them happen (or even cue what *not to do* before it happens!). Knowing the common mistakes will also guide your verbal cuing and keep the workout safe. Remember, you are as much the student as you are the instructor at this point! The common mistakes we have detailed are the ones we know you will be inclined to make too.

Examples of common mistakes we see from new instructors:

- Rushing the movements: A specific tempo is needed to appropriately apply techniques and achieve certain benefits.
- No application of techniques: PNF, End of the Stretch, Resistance, Relaxation, etc.
- Not talking enough: To explain the benefits, objectives, where your students should be feeling the exercises.

Practical work: Learning PCW1

This workout routine is the focus of Level 1 and the vehicle for your understanding and application of techniques.

Reminders:

- You must not change the choreography or sequencing in PCW1. The workout is systematically and scientifically designed to stretch and strengthen every muscle while not overloading any muscle group.
- Apply the FIVE POINTERS to each exercise sequence. ○ Respect the tempo.
- Play close attention to your execution of the Positional Techniques, namely: Neutral C, Neutral Elongation, Alignment and Turnout

Steps to learning Pre-Choreographed Workout 1. Our suggestion:

<p>Step 1: Do the full 1hr PCW1 just to do it! Don't overthink the routine, just do it. Get familiar with the flow and enjoy it! Repeat as often as you like.</p>
<p>Step 2: Watch & listen to the PCW1 video with your PCW1 Handbook. Read along with your Handbook as the video plays and take any additional notes that will help you learn the routine.</p>
<p>Step 3: Watch Sahra & Meg's Training Resource Videos + Miranda's breakdown videos. Move around with them, listen and absorb (no note taking the first time through!).</p>
<p>Step 4: Watch those video breakdowns and reminders again and take notes.</p>
<p>Step 5: Do the 1hr PCW1 while keeping the additional educational pointers and resources in mind.</p>
<p>Step 6: Once you have done the routine a few times through, watched the additional videos and taken your notes, start to learn and dissect PCW1 one exercise sequence at a time. For example:</p> <ul style="list-style-type: none">Do the Warm-up sequence – watch, listen and followTeach the Warm-up sequence with video assistance – talking out loud alongside the videoTeach the Warm-up sequence with muted video assistance – talking out loud alongside the video, this time without the soundTeach the sequence without any video assistanceReview the video clip on that sequence from your Training Resources with Meg and Sahra + work those reminders into your teaching

When you're memorizing any exercise sequence, first learn the exercises (the choreography of the movements) and the correct tempo. Then learn the techniques to apply, the relevant anatomy, and objectives and do it with the provided music.

Take one or two days to learn each sequence with the above recommendation. We know that everyone learns differently, so find the right approach that works for you. When you can confidently teach a sequence straight through without stopping you are ready to move on to the next one. If you're really struggling with a sequence, move on to the following one and come back to it another day!

Essentrics is a non-stop workout class. As an instructor, you are in charge of setting-up each sequence and positioning your students correctly without stopping the flow of your class. This is all done while explaining the benefits of the exercise, applying techniques, correcting your students, keeping track of the choreography, and staying on time with your music. This is a skillset that will develop with experience, practice and confidence but we all have to start somewhere! **Keep in mind that we are not looking for perfection, we know it's a process and will grade you as a Level 1 Apprentice instructor.

SONG 1

Exercise: Warm-up

- Common mistakes: People tend to hold these movements, not move loosely enough, and not bend their knees or move their spine.

While you're memorizing the Warm-up, remind yourself of the objectives. We're trying to increase blood flow and circulation, and relax the muscles around our joints so that we can stretch them more easily. During a Warm-up, ensure that people remain totally relaxed in order to achieve maximum blood flow. If you make the Warm-up aggressive or overly controlled you will defeat the purpose of the sequence. You're getting people to let loose, breathe, have fun while welcoming them to class. The main technique is Relaxation. It's hard work to not work hard! Use the suggested song and if you want to try a new one at some point, keep it welcoming, light and happy.

SONG 2

Exercise: Trademark Shoulder Blast

- Common mistakes: Incorrect Neutral C, incorrect Neutral Elongation, not applying PNF, rushing the sequence, Ceiling Reaches & Lever Stretches too rough

It's very important to have a thorough understanding of Neutral C and Neutral Elongation, two of our primary Positional Techniques. These are the two basic positions of the spine in the Essentrics program. They are used throughout every exercise sequence, often switching back and forth between the two.

A participant's ability to transition from correct Neutral C to correct Neutral Elongation will eventually lead to correct, comfortable posture and enable a greater range of motion in their hips and upper body.

Neutral C:

Refer to your manual, handbook and videos for extra pointers. This position takes getting used to as it is quite unique to Essentrics. Here's an idea: turn to the side and use a mirror as you practice or set up a camera to take pictures or film yourself. The two common mistakes are bending forward / pivoting at the hips instead of tucking under, and the second is in fact achieving a proper tuck under but while leaning back and sinking into the lumbar spine and putting extra stress on the knees. Both mistakes affect the load path and put strain on the spine. When doing a Neutral C, we want you and your students in a forward flexion of the tailbone; many people tend to focus too much on the flexion of the thoracic spine, leaving their lumbar spine neutral or arched which offsets the load path. Everyone will look a little bit different – we are all different shapes and sizes, with different natural spinal curvatures – but the concept will be the same. What's exciting is that your Neutral C, as well as that of your students, will develop and evolve as you do regular Essentrics.

Neutral Elongation:

Neutral Elongation is perfect posture, respecting one's individual natural spinal curvature. It is not the opposite of Neutral C, which would be an arch / extension of the spine. You must engage your abs to achieve this as you Pull Up through your spine, all the way through your neck into the tip of your head.

Helpful tips and cues in your L1 material and training resource videos will help you achieve and teach these two positions.

SONG 3

Exercise: Essentrics Side-to-Side Lunges

- Common mistakes: Feet positioned too close, torsion of the knees, not keeping hips level on a horizontal plane, not eccentrically lengthening on way up out of lunge, not going to the End of the Stretch during Side and Diagonal Reaches, sinking in lower spine during Diagonal Reaches, not keeping abs engaged

During Side Lunges, many people lift their hip instead of keeping their hip down – which is necessary to achieve a multi-directional stretch. This defeats the purpose of the stretch and interferes with the incredible health and body shaping benefits. Good alignment and proper foot positioning will protect the knees and prevent the risk of injury. Use a mirror and keep reviewing the training videos for tips and guidance to ensure correct positioning.

SONG 4

Exercise: Pliés

- Common mistakes: Feet are too close, not engaging quads and glutes, no PNF during arm sequence, ankle torsion during Heel Raisers and Overextensions, not enough techniques, not enough energy

This is a strengthening sequence, so have fun with it! Bring up the intensity of your teaching, your voice and your music. As with every other sequence, use a mirror to check your positioning as you practice at home and watch the training resource videos for great tips on common mistakes and reminders. You must respect proper Alignment and Turnout first and foremost, keeping in mind that everyone has their own. Remember to engage your abs and maintain Neutral Elongation.

SONG 5

Exercise: Essentrics Arm Exercises

- Common mistakes: Leaving out initial PNF step, no application of techniques (namely PNF, End of the Stretch and Resistance), strain on cervical spine from letting head drop forwards, sinking in spine (forgetting to cue Pulling Up), not hitting the beat with the music

Essentrics arm exercises are incredibly strengthening and slenderizing when they are done correctly. Review your training videos along with the corresponding written material to get the most out of this sequence and to teach your students effectively.

Do not omit the PNF prep step as it is essential to achieve End of the Stretch and elongate the targeted muscles while working with your body's neuromuscular reflexes. Though the choreography may be straightforward to learn, do not overlook the importance of the techniques and their proper execution. You and your students will achieve defined arms and beautiful muscles through the techniques – not through the choreography and movement alone. This is a Neutral Elongation sequence, keep Pulling Up through your spine and keep your abs engaged.

SONG 6

Exercise: Kicks

- Common mistakes: Sinking in lower back and not maintaining Neutral Elongation throughout the sequence, not keeping kicking leg as straight as possible, not enough resistance and strength applied to kicking leg

We suggest learning the kick sequence with a chair so you can really focus on proper positioning and techniques while learning the choreography. It's a very challenging sequence (*in a good way!*) for many reasons as you will soon discover. Do not worry about the height of your kicks, but instead focus on what you're putting into them. Top tip: Do your best to keep your abs engaged as you Pull Up through your spine while Pulling Out with your kicking leg for the whole sequence – this is necessary to isolate the movement and recruit the target anatomy. Maintain a firm grounded foot of the standing leg will also really help with balance and alignment. But don't worry about feeling a little shaky, you are triggering your balance reflexes which invites a whole other set of incredible health benefits! Keep it full body and have fun with the music!

Your PCW1 Playlist:

As you're learning the PCW1 routine, stick to the suggested iTunes playlist provided in your PCW1 Handbook, and/or to the downloadable playlist provided on your PCW1 DVD (the steps on how to download those songs are detailed in your PCW1 Handbook). Otherwise, you may choose songs from both provided playlists and combine the two as you wish.

Get the flow of the tempo of the songs, the mix of genres used, and the emotions and drive behind them before attempting to change any songs or create your own playlist. If you are really set on replacing certain songs, we recommend only doing so after 5+ full classes. Then start by substituting one or two songs at a time while replacing them with songs of similar genres and tempos. This playlist is not necessarily made of music that you love or listen to, but the songs we have chosen serve a purpose. You will begin to understand and appreciate the value music plays in your class after listening to Miranda's audio workshops and reading up on music in the techniques chapter of your Manual.

You can find a variety of PCW1 playlists created by certified instructors on the Facebook instructors group under the "files" tab. Every Instructor Newsletter offers song suggestions as well (those links have been sent to you in your emails).

Musicality and Tempo

New Essentrics instructors tend to either move too fast when performing exercises, or they move too slowly and hold, hold, hold. Moving too quickly or too slowly interferes with the benefits of the program, the application of the techniques, and potentially the safety.

Respecting the tempo of the suggested songs will guide you toward the right speed of movement.

Here are some important reasons why:

<p style="text-align: center;">Moving too slowly: Holding a pose causes your muscles to seize and contract, consequently shortening and potentially overloading your muscles and joints, therefore working against our principles.</p>
<p style="text-align: center;">Moving too quickly: You will be moving with momentum and losing the real strength and body shaping benefits. You will also be more prone to injury.</p>
<p style="text-align: center;">Moving just right: Maximizing the use of music towards rebalancing your body. You want a playlist that will improve and enhance the experience of your class with songs that allow for the correct choreography, exercise reps, and application of techniques. If you are struggling to fit the required exercises into your music, change the song. If you attempt to cut out exercises or speed up a sequence to make it work with your music, you will end up unbalancing the body. Conversely, if your exercises are taking much longer than the suggested time for that sequence, you know something is off. It is imperative to find songs that allow you to fit in all the exercises listed in PCW1 with time to apply the correct techniques.</p>

LISTEN TO MIRANDA'S MUSIC WORKSHOPS:

On your Level 1 Training Resources webpage, you will find three audio workshops with Miranda on the difference between songs we use for strengthening, stretching, and Trademark sequences. Listen to her valuable tips to gain inspiration, motivation and confidence about the power of your playlist. Bookmark the page and refer back to it throughout your training:

<https://essentrics.com/level1trainingresources/>

Make sure you're checking your emails as we will be sending you lots of helpful tips on music and so much more!

MONTH 1: A note from Miranda

Don't get discouraged!

Memorizing the choreography is always difficult for new Essentrics instructors. Do not feel as though you are alone in this – so many instructors have been through, and are currently working through, the same challenges as you. After teaching your Apprentice class about 15 times you will notice that it becomes much easier to remember the choreography. You'll get there, be patient!

I kept cue cards and post-its on the floor and mirror of my classes when I first began teaching. Each new workout you learn and memorize will make the process faster and more fun. Eventually you will be able to learn a workout in a matter of days! Get to know your process and what you need to succeed.

No matter how experienced an instructor is, teaching Essentrics is always challenging because there's so much talking involved. You cannot lead a proper class by simply counting "1-2-3-4, 1-23-4" and expecting your students to follow along. Essentrics is an intelligent program that stimulates the brain as well as the body. It is a well-rounded program that is fun to teach and always challenging – the dynamic nature of Essentrics makes for a technique that never gets boring!

There are thousands of people teaching this program, and it took all of them time to learn the first Pre-Choreographed Workout, so don't get down on yourself if you find the learning process challenging. It gets easier! If you are wondering whether you're going to be able to teach this method, the answer is YES! It just takes time and perseverance, but the rewards are well worth the effort. Please don't get discouraged!

The secret to success is to practice, practice, practice. Repeat the exercises while talking out loud and teaching an imaginary student or teach the mirror. Repeat the workout over and over in your head until you can do it in your sleep.

Here's a fun idea: Sahra's 55-minute Full Body Toning video (available on DVD and through Essentrics TV streaming online) is very similar to the PCW1 routine. Try it out sometime and pick up on Sahra's cues and flow! (While keeping in mind that the choreography is slightly different during some sequences. Make sure you are sticking to PCW1 when you begin to teach!).

MONTH 2:

Manual Theory: Chapter 3 p. 71-90

The Objectives of Essentrics

+ Review previous month's readings

We find that month 1 and month 2 are the heaviest training months. You have a significant amount of reading, memorization and music work, on top of new concepts and skills to learn and apply. But that's the best way to dive into the program! It is nothing beyond the potential of what you can do. Stay focused and keep going! And if you're having a hard time, reach out!

Chapter 3 is really where you will explore the objectives of Essentrics. Take a few days to read these pages to familiarize yourself with the benefits of our program. Watch and listen to the accompanying PCW1 videos with this in mind. It is essential that you understand why you do each of the exercises in an Essentrics routine. Each movement has a purpose. Each movement has a specific objective. Knowing what they are helps move and teach with deliberation, which will in turn drive home the objectives.

Once you begin to understand that every single exercise has an objective and a benefit, you will start to move with a deliberate purpose. The next step will be teaching your students how to move with that same deliberation! The positional techniques guide the alignment of the body to maximize the results. Focus on proper Neutral C, Neutral Elongation, Alignment and Turnout throughout your sequences, then add the appropriate joint movement and neuromuscular techniques to deliver the desired objectives. Throughout your material you will learn the correct positioning and execution of the exercises and be given the tools to teach your students with confidence. They will be motivated when you teach them about the benefits of each exercise and how to move correctly to achieve them.

For every exercise sequence in every class (even if it's to the same student!) you will tell your students what the objectives are for that sequence / what they will gain out of it; the WHY they're doing it. Learn the objectives for each sequence in PCW1. Get comfortable verbally working them into your class. Each sequence achieves multiple objectives that when strung together gives us an incredible full-body rebalancing workout.

What's fun about becoming an instructor and learning the material from Level 1 is that you start to understand why you're feeling this way and why these changes are happening! The science behind the benefits! Neat!

OBJECTIVES and/or BENEFITS
The goals of Essentrics exercises

HEALTH & WELLNESS Essentrics will ...	BODY SHAPING & AESTHETICS Essentrics develops ...	SPORTS PERFORMANCE Essentrics is for ...
Increase Mobility	Overall Slenderizing	Flexibility
Improve Posture	Long Lean Muscles	Strength
Release Tension	Flattened Abs	Agility
Increase Energy	Toned Legs & Glutes	Power
Relieve Pain	Sculpted Arms	Speed
Reverse Signs of Aging	Thinned Waist	Range of Motion
Loosen Fascia	Defined Back Muscles	Injury Prevention
Teach Body Awareness	Weight Loss	Rebounding from Injuries
Assist in Injury Recovery		Rebalancing the Full Body
Reduce Scar Tissue		

PCW1 Practical work:

Learn Song 7-12 & Review exercise sequence 1-6 from month 1

** Be sure to only progress once you are comfortable and confident with the first six projected exercise sequences from month 1. Remind yourself of the FIVE POINTERS and our suggested way of learning each new exercise sequence.

SONG 7

Exercise: Windmills

- Common mistakes: Not going to End of the Stretch, rushing the movements, no Pulling Up, not enough full body cuing, no PNF during Pulling Weeds sequence

Take your time for this sequence. Get comfortable with the slowness of the speed, which is truly the only way to achieve the desired objectives. For the Side-to-Side Diagonal Windmill portion of the sequence, make sure you are not twisting too far, and that you are respecting and cuing proper alignment of the back knee and ankle (avoiding torsion around your joints). What's always most important is safety and keeping clean alignment of our joints. To maintain the safety of this diagonal movement is to understand that more you rotate your upper body (your spine) during your diagonal Windmill, the more you will have to adjust and turn in your back foot to support that rotated upper body angle. Meaning, the more off center you rotate and reach with your arm, the more you will have to adjust your back foot.

SONG 8 + 9

Exercise: Calf Sequence - Big Four Stretch

- Common mistakes: Holding the stretch or rushing the movements, mixing up the choreography.

Such an effective sequence! This Big Four stretch sequence is used in different variations in most Essentrics workouts. To help you remember the choreography as you learn, go through the “check list” of the Big Four muscles (the front, back, outside, inside of our legs), it will help you remember the movements and become familiar with the rebalancing principles of Essentrics.

SONG 10 + 11

Exercise: Side Leg Lifts

- Common mistakes: Side crunches with momentum instead of muscle control, allowing head to rest in hand, allowing hips to roll back, improper choreography, no application of End of the Stretch during leg pumps.

The positioning of your hips is integral to driving home the objectives for this sequence. Make sure people have their hips stacked and that they are really pulling out and lengthening with their leg pumps. The “grade saver” training resource video will really help you with this. Since this is a powerful toning sequence, use the music to keep you on beat and drive up the energy to this challenging exercise! You and your students will achieve rapid strength and mobility through your hips when executed properly (it’s worth the effort!).

SONG 12

Exercise: Sit-ups

- Common mistakes: Putting a strain on the cervical vertebrae by tucking chin / being too rough with hands behind head, not enough verbal cuing to engage the abs, not guiding people safely during the legs in the air portion

Take the time to set up proper positioning and make sure you are engaging your abs for the whole sequence, which will protect people’s backs. Move through the arm reach sequence gently. For the scissor sequence, make sure people are not lowering their legs to the point where their back is arching off the floor, everyone will have their own positioning depending on their strength.

Learning anything new takes time. We completely understand the process and recognize that you may find the following elements challenging to start (*but be patient, it will come!*):

- Talking and demonstrating at the same time
- Maintaining the flow of the class while giving corrections
- Cueing for what is coming next
- Maintaining the correct tempo while explaining correct positioning
- Telling people where they should feel each exercise
- Using music

Experience

It takes a lot of experience and practice to be able to teach a seamless Essentrics class. Before you begin teaching your Apprentice classes in front of a group of people, make sure you can teach the full one-hour workout on your own. Try your best to teach PCW1 by yourself every day once you have learned all the exercise sequences. When you feel that you are comfortable working through the entire routine, invite a close friend or family member for a class! Choose someone supportive. If you or your participant feel tired or tight on certain days – do the routine relaxed and just go through the dialogue and gentle choreography to keep up with the practice.

Reminders: It takes time to build confidence teaching. New instructors tend to not talk enough when they are teaching their class. Review the “Grade Savers” training resource videos for reminders and tips on what to say! As you’re demonstrating, ensure that people know where they’re supposed to be feeling each exercise as you’re explaining how to do the movements. Make sure that you maintain the non-stop flow even when giving corrections. You can be proactive – even before you see someone make a mistake you can mention the mistake so they know what *not* to do! You’re learning all the common mistakes, use them to become the best teacher you can be. Practice 🎯 Practice 🎯 Practice!

MONTH 2: A note from Miranda
Stay positive!

Essentrics is complex. Even experienced instructors from other fitness fields have trouble teaching Essentrics to begin with! These first couple months will be the most challenging, it does become much, much easier. The fact that it's so challenging to learn also makes it more interesting – you're less likely to become bored as an instructor! There's always something new to teach your students.

You're starting to learn how to teach the full Pre-Choreographed routine. You're learning all the little bits, one exercise at a time. The next step is stringing them together and teaching the full routine. This doesn't mean that you don't have to start teaching people! Just start by practicing the routine from start to finish on your own.

Put your music on, have your notes in front of you as a memory jogger and start going through the workout from start to finish. You're probably going to feel lost at first! You're going to have trouble talking as you're teaching, going through the objectives, timing and corrections, and explaining to your students the anatomy they're using.

Once you have learned all the sequences take a few days (or as long as you need) doing the routine from start to finish every day on your own, in front of a mirror if you can. Try to do it daily. Learning PCW1 from start to finish with and without your manual is a big accomplishment. You should feel proud!

Planning for your evaluation: We recommend not even thinking about the written exam portions in the first couple months. You may absolutely print out the written evaluation package and flip through it, but try to focus on taking the information in from the manual and absorbing the material as you read through it *for you*. Try to understand the concepts and feel the movements of the workout vs. being in “exam mode.”

Here's a fun idea: Take a minute to check out some testimonials [on our website](#) and online forums such as our [Essentrics](#) and [Classical Stretch](#) Facebook pages and read how this program has helped people. Their stories will reinforce the objectives you are learning about and will inspire you to teach! Use them to motivate and encourage your future students.

MONTH 3:

Manual Theory: Chapter 4 p. 91-118

Anatomy & Physiology

+ Review previous month's readings

Essentrics is a full body technique, which means you need to be well-informed on the full body: your bones, joints, spine, connective tissue, muscles and main systems of the body. This chapter is going to give you an introduction to the systems of the body, along with the relationship between these systems and the science behind the Essentrics program. You will learn the structure of a muscle and how movement works in the smallest unit to understand movement on a large scale.

The Nervous System

This manual will introduce you to how Essentrics works in harmony with the Central Nervous System (CNS). Your understanding of the nervous system's role within movement, and your application of that knowledge towards strength and flexibility training, will expand over the 4 levels. You will be so inspired to keep moving as you learn more about the function and role of the CNS within Essentrics and how Essentrics serves your body beyond just your muscles and joints.

The Skeletal System

Learning the names, sizes, and functions of the major bones is actually quite simple. It's important to know the major bones as they are related to muscle movement – which is what Essentrics is about! What are we moving? Our bones!

The Types and Function of Joints

Joint health and function are governed by muscle health. You have 360 joints. In this program, we are working to relieve tension and gain maximum range of motion in your joints.

Muscular System

We have small and large muscles in a variety of shapes. It is extremely important for you as an Essentrics instructor to understand how our muscles are structured. Muscles are not just a haphazard assortment of protein fibers – they're intelligently designed. Our muscles are designed according to their function – each muscle's function is directly related to its structure. As you progress through your levels, your understanding of anatomy and physiology will deepen, as will your respect for the program.

Spotlight on the spine:

Strengthening and stretching the muscles of the spine and core to improve posture and relieve back pain is a major focus of Essentrics. As a fitness instructor it is important to understand how the spine is designed. This includes the shape of the spine, how the vertebrae and discs are placed, and the movement of the spine.

Our Back Pain Relief and Prevention DVD is an incredible, informational resource for you to gain practical knowledge and understanding on the topic, in addition to having a very soothing, effective workout as part of your library. Anyone who suffers from back pain will truly appreciate having this in their home. [Check it out here](#)



PCW1 Practical work:

Learn Song 13-16 & Keep putting exercise sequences together

Remind yourself of the FIVE POINTERS and our suggested way to learn each new exercise sequence.

SONG 13-16

Exercises: Supine Stretches

- Common mistakes: No movement within the stretch, moving too rapidly, holding breath, not guiding people to relax, improper or no use of equipment when needed

The training resource videos will really help clarify the movements in these sequences. Remember to move slowly, and guide people towards finding the stretch. Take the time you and your students need to set up with any additional equipment such as risers or straps.

Exercises: Seated Stretches

- Common mistakes: Rushing the movement, not enough Pulling Up in seated positions, no use of equipment (option for a riser to sit on for those who need).

Follow the flow and smoothness from your training videos to set yourself up for success and get the most out of these nice final stretches.

Preparing to teach your 30 Apprentice classes

When you have learned all the individual sequences, practice the routine from start to finish doing your best not to stop (even if you make mistakes, try your best to keep going!). For first-time instructors this can feel like an intimidating experience, we believe in you! The more you can practice regularly (even daily!), the more the routine will stick. Commit to a teaching schedule for your Apprentice classes to help get you through the certification in a timely manner. Lock down weekly sessions with your students and help them keep you accountable! This kind of schedule will speed up your learning process. You will most likely find that around class 15 you've suddenly jumped up to a whole new level of teaching. You will feel amazing!

Our advice: Make a date to send in your Level 1 exam. Work backwards and calculate how many weekly classes you need to teach to accomplish this. If you begin teaching in month 3 you will need to teach roughly 2 times per week to complete the 30 class requirements within the 6month period. Commit to a date, circle it on your calendar and get your friends and family to help keep you on track!

If you have attended a Live Training for Level 1, your Apprentice hours should reflect that: Each training day contributes 2 hours towards the required Apprentice teaching. A 3-day L1 training = 6 hours deducted from your 30 required hours.

*** Don't expect to be perfect – we don't expect you to be! This is why we call it Apprentice teaching. There is a learning curve involved in teaching Essentrics. Rest assured we know the process very well and grade your exam accordingly.*

Everything you need to know about your Apprentice classes & PCW1 Evaluation

Print out the “Practical Evaluation Package” on the Level 1 Training Resource webpage that details everything you need to know about your Apprentice classes and PCW1 Evaluation in order to set yourself up for success. The information on who and where to teach, what to call your classes, what we will be looking for in your PCW1 evaluation, it's all there and will help you proceed with safety and certainty!

Marketing material

On the Level 1 training resource page you will also find a marketing folder with images, graphics and our logo for you to use to help get your classes going. You can print them out to use as handouts, or attach them in your emails however you like to spread the word about Essentrics.

Teaching Skills 101: Tips for speaking to your students

- Speak clearly, loudly & confidently (*no mumbling or shouting!*)
- Make sure everyone can hear you
- Project your voice
- Speak at a comfortable pace, not too quickly or too slowly
- Change your energy and intensity of your voice for different exercise sequences to reflect how you want your students to work (ex: tone vs. stretch). Your students need your help during the more toning sequences such as Arms, Pliés, Side to Side Lunges, Side Leg Lifts, etc. This is a challenging workout and they're going to feed off your voice and music to help get themselves through it. For stretching sequences, make your voice soothing and calm. Play around!
- Look at your students. Make sure that you are watching your students throughout your class and not looking at yourself or at the ground. This can be challenging for first time instructors but connecting with your students is everything.

A good teacher is one who speaks so that the whole class can hear what is being said. Train yourself to speak clearly and loudly enough to be heard over the music, especially by the students at the back of the room. Practice at home! Turn your music up and imagine that you are in a large studio and project your voice above it. Your voice should come from your chest, not the top of your throat (which makes it sound shrill and high pitched). Learning to speak clearly is something that will help you to become a well-liked instructor. We don't want you to have to shout unpleasantly in order to be heard! We want your students to enjoy you and your music and get energy from both sources. Don't be shy to check in with them, "How's my music? Is it too loud? Can everyone hear me? Etc."

MONTH 3: A note from Miranda

Getting constructive feedback from Apprentice students

As you progress, allow some time after your classes to get constructive feedback from your students. Ask them how they feel and how they found your class. Don't be shy to ask them about your teaching and try your best not to take their critique personally; rather, try to understand that it is constructive. If you listen to their comments, it can fast track your learning process as a teacher. Value what they say! Incorporate your students' feedback into your teaching when you can and use it to become a better instructor. This is how I learned to teach – by listening to daily critiques from my students over a cup of coffee after class. Some people can be harsh with their comments but try not to let that bother you. You will have to learn to take comments with a grain of salt, and let things roll off your back. Student feedback is invaluable; learn to get comfortable asking for it and pay attention to your students' needs (also keeping in mind you may not be able to make everyone happy!). In a year, when you are a more established instructor, you will look back on these classes and be grateful to your students for their honesty. Remember to speak clearly and loudly enough. Congratulations, you are really getting there!

MONTH 4:

Manual Theory: Chapter 5 p. 119-168

Muscles and their Movements

- + Review previous month's readings
- + Print out written evaluation package and start multiple choice

Essentrics is a stretch technique – which means you need to know where muscles originate from and where they insert in order to understand how to stretch them! We are a dynamic exercise program that gets you moving in every which way the body (meaning its muscles) was designed to move. Eventually you need to know the attachment points, shape, and size of our main muscles in order to stretch them efficiently in the direction of their muscle fibers. Makes sense!

Every muscle has a specific function. In Level 3, you are required to know the names and functions of our major muscles. Level 1 prepares you for that process. The Level 1 manual will serve you for all 4 Levels and beyond. The anatomy content provided in the Level 1 Manual goes far beyond the L1 requirements. Please do not worry about memorizing the information from your muscle charts. Where you can start, is by learning the direction of our major muscles to better understand their movement. Gradually you will learn which main muscles are used to perform all our actions; which relates directly to their attachment points.

In addition to some basic muscle actions, you're going to be introduced to the names of the muscles, the bones to which they connect, and where in the body they are attached. You are not expected to know this for your Level 1 exam. However, it is important that you start becoming aware of the human anatomy. By Level 3 you are expected to have taken a basic anatomy course.

In Level 1 we want you to focus on the main bones, joints, and muscle groups. We suggest that you take an online anatomy or physiology course after you finish Level 1, as this will make it easier for you to understand how Essentrics works, therefore making you a better instructor. In the meantime, there are all sorts of brilliant apps, books, and online videos at your fingertips that will enrich the learning process.

Essentrics is a sophisticated program that needs well-educated instructors to safely and accurately teach it. Do not be intimidated by anatomy, anyone can learn it at any age. When you know your anatomy you will enjoy teaching Essentrics even more than you do now.

Muscles and Movement of the Top Three & Big Four

Essentrics is a movement program. What moves your body? Your muscles! You wouldn't dare see a dentist who didn't know everything about teeth or let a mechanic touch your car without reassurance that they were a skilled professional. The safety and rebalancing benefits of the program are woven into the design of the workouts which is why you must absolutely stick to the Pre-Choreographed Workouts until you have completed your certification and are well-versed in anatomy. When you're ready to start really learning anatomy, we suggest learning about 2 muscles / month.

The anatomy charts located in the back of your Level 1 Manual are to serve you throughout your entire 4 Level certification. You will not be tested on this material until Level 3, but we will be looking for an awareness and progression of your knowledge. Read the muscle charts to start learning how muscles function. For many people, the thought of having to learn anatomy is overwhelming. Do not worry as you have plenty of time. It will get easier as you commit yourself to the process with additional resources such as online courses, apps, and books.

When teaching a fitness program, you need to be able to speak the universal language of the fitness industry. Learning the movement terminology in this chapter will help when you're learning anatomy, when you listen to talks, watch videos or attend workshops. However, remember that when you're teaching your group classes you should speak in layman's terms. Most of your students will not know what a lot of this movement terminology means and your vocabulary will be useless to them.

Practical Work: PCW1 Apprentice classes

Watch the Pre-Choreographed Workout 1 video and Training Resource videos again. Even upon learning PCW1 in its entirety, make sure to watch the full PCW1 routine every month (at the very least) throughout your L1 training to refresh and pick up on things you may have forgotten or accidentally altered.

Keep up with your weekly scheduled Apprentice classes to avoid falling behind. This will help you to remember the routine, smooth out your transitions, and apply useful feedback you receive from your students.

Importance of sticking to Pre-Choreographed Workouts

It is imperative to understand that Essentrics is not a program of unrelated exercises randomly strung together. Our Pre-Choreographed Workouts and videos are effective at achieving specific goals because of their strategic sequencing of exercises and techniques. It is not the individual exercises that deliver the results, but rather, the design of the whole routine. Our formula is what makes Essentrics so efficient, and that formula takes years to learn (*but how exciting that you are on your way!*). This is also why individual Essentrics exercises should not be used in fusion classes, nor should exercises be added or modified in an existing Pre-Choreographed Workout– even if they are Essentrics exercises! By doing so, you will be change the formula of the class, which will change the outcome.

Each PCW offers a carefully crafted full body workout that rebalances every joint while strengthening and stretching all 650 muscles. Our PCWs will help you succeed as an instructor and help you deliver the intended objectives to your students to help them achieve incredible health benefits. You will discover as you progress through the certification that each PCW may have a specific goal or intended demographic within the full body rebalancing workout

Until you've completed learning about all the exercises, techniques and Essentrics theory from Level 1-4, you are required to teach the Pre-Choreographed Workouts supplied by Head Office. Our PCWs offer different combinations of standing, floor and barre or chair work and are chosen from the most popular routines taught by Master Trainers.

Practical Evaluation Package: Tips for teaching

Refer to your Practical Evaluation Package and apply the 10 pointers we will be grading you on in your PCW1 assessment to help guide your Apprentice teaching.

Level 1 Exam: When you have completed your reading, try your best at the multiple choice! (Do it in pencil!). Test yourself! Then review your answers with the Manual. We want you to value the multiple choice assessment as an opportunity to learn the content of the material vs. simply locating and copying the answers.

We recommend completing 2 questions from the Written Evaluation this month.

** Please make sure your writing is clear. **

MONTH 4: A note from Miranda
Applying the sliding filament theory

I want to take a moment to talk about the fundamentals of movement. We, as fitness instructors, need to be able to understand how our muscles function at the basic cellular level in order to understand how the body moves as a whole unit.

Remember the components of the Essentrics mantra: Full-body. Dynamic. Rebalancing. Lengthening and strengthening. Successfully rebalancing our entire musculature begins with the healthy functioning of the actin and myosin protein filaments inside each individual muscle cell. I want our growing community of instructors to truly begin to grasp the functional components that happen in each individual cell.

Memorizing theories is useless information if they cannot be applied. It is not too soon to start applying the logic of the sliding filament theory and the role and importance that myosin and actin play on a full-body scale. I want you to understand the specific actions occurring in the sliding filament theory for a healthy muscle to exist. The ability of each of your individual protein fibers to slide and strengthen in both directions is what keeps your entire body balanced and mobile. Essentrics is a full-body dynamic technique that works through all muscle chains – but it starts with the smallest, tiniest component of each individual cell.

The importance of every single cell cannot be discounted! They were wired and designed to move. You were wired and designed to move! And through this program, you, and your students, will be able to enjoy a lifetime of movement.

Review the pages in your manual on the sliding filament theory. They provide you with the basics of how muscle fibers function during movement. You will find it helpful to look to external sources with additional reading and online videos until you eat, breathe and sleep myosin and actin! As you progress through your levels you will be amazed to learn how the logic behind this theory applies to literally everything in the body. You will need to understand it thoroughly to help people with pain, atrophy, imbalances, connective tissue issues, stiffness, mobility, strengthening, and more.

MONTH 5:

Manual Material: Theory p. 170-177

Glossary + Flip through and review previous sections

Practical Work: PCW1 Apprentice classes Review the PCW1 videos on a regular basis.
Teach the 1hr PCW1 class 2 x / week.

Apprentice Teaching

By now you should be feeling fairly comfortable with PCW1 and be able to teach a smooth, flowing class, which should feel much more professional than when you first began. You are in the home stretch now so keep up the momentum!

Refer back to Chapter 2 to make sure you continue to develop your understanding and application of techniques. To make your classes feel different, you can try choosing one spotlight technique and teach the entire class focused on that particular technique. If you choose going to the End of the Stretch for example, try to really go to the end of the stretch in every exercise! If you chose Relaxation, try to find a way to release more than usual. The techniques should be woven into your movements, dialogue, and classes quite seamlessly by the end of your Apprentice classes (in a Level 1 way!). Begin to see how you can use the techniques interchangeably and how each one makes you feel. Check in with yourself and make sure that you are not just memorizing the content. Really start to understand how to use a particular technique to achieve a particular objective.

The techniques used in this program are what sets Essentrics apart from any other fitness program. You will not be expected to execute each technique perfectly in your Level 1 exam but we will be grading your basic application of them. We want to see that you are starting to understand and apply them.

Remember to talk to your students and get to know them before class. As you teach the workout, try talking about different objectives that will appeal directly to them. Whether it is body shaping, pain relief, or athletic performance, each exercise has the potential to achieve various goals through various techniques. Your dialogue will encourage your students to work during class and motivate them to come back for more!

MONTH 5: A note from Miranda

You're almost there!

It's easy to get caught up in studying, teaching, doing your best to stay on track, and so much more ... but it is so important to remember, and reflect on, what attracted you to this program in the first place. Throw on a DVD or workout from Essentrics streaming and just fall in love all over again! Pick up on cues, things you like, things you find challenging; be the participant and just enjoy the feeling of the movements!

You are getting close to your final evaluation. By now you should have completed most of your Apprentice classes and are working your way through the short answer questions. We design these exams to help our instructors think critically from the get-go. Do not feel shy or intimidated about your video – we know that this is a process and we are here to give you valuable feedback for you to learn and grow from.

You may be introducing your friends, family, colleagues, and town to Essentrics, but you're not alone! The Teacher Training Team and fellow instructors around the world are there to support you on this fulfilling endeavor.

MONTH 6:

Manual Material: Glossary p. 133-136

+ Flip through and review previous sections

The glossary includes universal terms that you will need to know throughout your teaching career. It is not necessary to memorize this list, but it is important for you to be familiar with these terms.

Practical Work: PCW1 Apprentice classes

You will complete your 30 Apprentice classes.

Keep reviewing the PCW1 videos on a regular basis.

Evaluation

In this last month, you're going to finish up / review the written portions of your exam and record a video of yourself teaching PCW1. Make sure to invite one or more participants so that we can see how you interact with them and apply what you have learned as an instructor (choose someone who you have taught before!).

Live in-person vs. recorded video exams and the value of a participant

Please contact the Teacher Training team if a live PCW1 exam interests you. Send all exam-related inquiries to examsubmissions@essentrics.com. This arrangement can be made in lieu of a recorded video submission and is dependent on the location and availability of our correctors. No matter if your practical exam is recorded or live, it is in your best interest to have at least one participant present. They will help you cue while bringing life to your teaching and class, which will reflect your ability as an instructor more than simply teaching your camera or examiner.

Recording your PCW1 class

Please refer to your Practical Evaluation Package for everything you need to know about your video submission, including important reminders about filming requirements and what we will be grading you on.

Exam submission

Once you have completed all portions of your Level 1 evaluation (your Apprentice teaching signature sheet, PCW1 1-hr video, short-answer and multiple-choice evaluations), you are ready to submit your exam package! Please refer to the Exam Submission documents on the L1 Training Resource Page for all info regarding payment, procedure and reminders.

**You are responsible for printing the evaluation packages from the L1 Training Resource Page.*

When you pass your Level 1 evaluation you will become a Certified Level 1 Essentrics Instructor and join our incredible global team! You will be provided with a certificate and gain access to additional training resources to keep you on your path. You will also be listed on the [Essentrics Instructor Directory](#) on our website and can enter your info on our [class map](#). Check those pages out and get excited!

MONTH 6: A note from Miranda

Tips to succeed in your classes and in your exam

We are very understanding with all Level 1 instructors. We are not looking for perfection. We are aware that as you learn and gain experience throughout the 4 levels, your teaching will change drastically. We will not judge you harshly in Level 1, so please don't be shy to submit your tests! Please expect a lot of feedback no matter how good your exam is – we want you to grow no matter where your starting point is.

These tips will not only help to boost your evaluation marks, but will also improve the quality of your class:

Try your best to not stop teaching or moving once you get started. Essentrics is a nonstop movement program; try to keep the movement going through your 1-hr class (with dialogue!).

Give an objective. Talk about why you're doing the exercise and why your students would want to do this exercise (i.e. injury prevention, body shaping and pain relief...give specific points).

Be confident. Your energy and confidence level will set the tone. Smile, project, and connect with your students.

Take your time. Go to the End of the Stretch...then go a little further. Don't rush the movements.

Musicality. Move with the music; go with the beat or the flow of the song. Remember a playlist with variety is key to keep your students engaged.

Give simple modifications.

Offer a variety of how to work (more relaxed or with a stronger intention) and teach students to listen to their bodies.

Cueing. Try to complete your thoughts. Use imagery and clear descriptions to support your movements.

Relax. Take time to release. Relaxation will help improve mobility and relieve pain.

And last but not least, do not forget to

Have fun!

Good luck!

We look forward to welcoming you as a
Certified Level 1 Essentrics Instructor!